



# Scorching Triathlons

## **Congratulations**

### ***Ray Boardman***

**for completing the Long Triathlon**

(Swim 1000m, Cycle 30k, Run 8k)

**Overall Time: 01:52:09**

Race Date: 13 November 2011

with race splits of

2XU Swim Course

00:17:41

Burkes Cycles  
Bike Course

01:00:31

Shoe Clinic /  
Asics Run Course

00:33:58